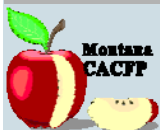


Newsletter



January 2008

The Value of a Highchair



This child is happy in his high chair. He has been in this place many times before. He can sit up straight, supported and safe. He is comfortable here. Every time he is in this chair, he receives food to eat, eats to fullness, and enjoys the company of others. His high chair is close to the dining table. Sitting in his chair, he feeds himself or he lets others

feed him. After he is finished with his food, he is content to stay longer to enjoy the company of others. He learns that mealtime is an important event. This is the place he learns to eat. He communicates when he is hungry to his care provider by indicating he wants to be seated in the highchair. At its best, mealtime is predictable, pleasant, satisfying and successful for him.

2008 Annual Trainings

Bozeman	January 24	Bozeman Deaconess Hospital
Great Fall	February 7	Benefis Hospital
Miles City	February 22	Holy Rosary Medical Center
Poplar	March 13	Fort Peck Community College
Havre	April 16	Northern MT Hospital ***New
Missoula	May 8	St. Patrick Hospital
Billings	July 10	TBA

To register, email Becky at rmoog@mt.gov or call 1-888-307-9333 or 406-444-4347. For more information, visit www.childcare.mt.gov
Register Soon!!

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Special points of interest:

- *Special Event Information:*
Ellyn Satter Institute Workshop
- *Ellyn Satter-Tip sheet*
- *Find out what to do if you cannot find a CN label on your product.*
- *Annual trainings: Check the schedule for dates.*
- *Submit your recipe to be published in the newsletter*
- *Contact CACFP if you would like additional copies of the newsletter for your staff.*

Special Event

“Child of Mine”

Helping Children Eat & Grow Well in Childcare

The Ellyn Satter Institute is an organization dedicated to the area of eating competence and the feeding relationship. The Institute brings together the child's stage of development, nutrition, and feeding dynamics to provide caregivers with practical information to be successful in feeding.

This Special Event brings Pam Estes, MS RD from the Ellyn Satter Institute in Madison, Wisconsin to Montana. It has been ten years since an Ellyn Satter Institute Workshop has been held in Montana.

Don't miss this opportunity!

For more information:

See Registration Insert

Call the CACFP Office: 1-888-307-9333

www.childcare.mt.gov

Workshop Description

The child who is a good eater likes a variety of food, and knows how to learn to like new food. The good eater eats the right amount of food to grow in the way that nature intended. The good eater knows how to behave at the table so adult and other children enjoy having him there. How do we help children learn these eating skills? What do children need in child care setting so they can become food eaters? This workshop teaches the Satter Feeding Dynamics Approach to answering those questions.

This workshop focuses on child development as it relates to feeding from birth to age five. Even for the provider who works with older children, understanding development and eating mastery at the earlier stages explains a child's behavior and gives direction in understanding and guiding that behavior.

In this workshop you will gain an understanding of the basic principles of the division of responsibility in feeding, what children need to be successful with eating, early learning with food regulation and growth, find out what works and what doesn't work in feeding children.

In this workshop you will learn the principles of stage-related child feeding and apply these principles to solve common feeding problems, solve familiar feeding problems, and develop approaches to working with parents about feeding issues & feeding children. Directors, food service personnel, cooks, teachers, nutritionist, aids, assists and anyone interested in feeding children are welcome.

Get Organized : *Tips for a successful review*

Make organizing CACFP records a priority in the New Year. Each of us has a filing system to fit our personality, everything together in one pile (*but we know where each item is and can be found in a second*) or each item labeled in a neat stack meticulously color coded or highlighted. Whomever you may be, make CACFP materials organized and easy to navigate. Create a system to keep three years plus the current years documents on file and on site. Purchase folders, binders, or envelopes to create a way to categorize paperwork by month or topic.

Organize monthly paperwork:

- * Sign in/out Sheets, Claim for Reimbursement Information: copy of pink claim, center's reimbursement worksheet (also pink), check stub or notice of direct deposit
- * Monthly Attendance Records
- * Milk Receipts/Formula Receipts & Food Receipts: Itemized invoices, store receipts, in-kind donations
- * Cook's Pay: Ensure you have clear documentation and delegation of who and how much time is spent on CACFP tasks.
- * Meal Participation Records
- * Menus and Food Production Records: infants and children
- * Staff Training Records: Sign in sheet and agenda
- * Sponsor of Centers: Don't forget your Facility Monitoring Forms (Oct, Feb & April)

TIP: CACFP does not count non-food items to support the monthly claim during a review. Subtotaling food and milk purchases on receipts is helpful. Highlighting milk and food purchases can also be useful for budgeting, annual expense reports, and CACFP application re-

Annual Documents:

- | | | |
|--|--------------------|---|
| ⇒ Licence | ⇒ IEF's | ⇒ Parent handbook |
| ⇒ Sanitarian Report | ⇒ Enrollment forms | ⇒ Non-Profits: Don't forget Board information and minutes |
| ⇒ CACFP Contract & Renewal Application | ⇒ Application | |

If you have questions on your filing system contact CACFP Staff.

IF NO CN LABELS, THEN WHAT??

The Child Nutrition Labels are mainly found on main dish products that contribute significantly to the meat/meat alternate or bread/bread alternate components. CN labels can be very handy, but they may not be available for many food items for purchase.

What if the manufacture does not provide a CN Label?? The task is to find out how much food product is creditable.

Step one: Purchase a scale. Prices range from 16.99 to 40.00.

Step two: Start the food dissection. Lets use a cheesy bread stick for example. Cook the bread stick (it may to difficult to do this in its thawed state). Cut it open and pull the cheese out and weigh it.



Step three: Document the creditable food information: Answer the question, of how much bread and protein product contributes to the meal pattern.

Step four: Supplement meal as needed to meet the Meal Pattern. If there is not enough cheese in bread stick and extra cheese cubes to meet the meal pattern requirements. Finding a better product can also be a solution.

Record Keeping:

In some manner, save the label or creditable food documentation. Clip, photocopy and file the documentation with food production records, menus, and/or recipes.

Use the bread evaluation when necessary.

Need Help: Contact CACFP Staff

Note: Centers are responsible to determine the quantity of food to prepare and serve to each child to meet the CACFP Meal Pattern Requirements and must keep all product information for review purposes.



Early Childhood Services Bureau
Child & Adult Care Food Program
111, N Jackson, 5th Floor
P.O. Box 202925
Helena, MT 59620-2925

Phone: (406) 444-4347
Fax: (406) 444-2547
Toll Free: (888) 307-9333

***USDA is and equal
opportunity provider and
employer***

It's Snack Time

Cheese Quesadilla (*try whole wheat tortillas*)

Creamy Raisin Rice Pudding (*experiment w/ different types of rice*)

Cinnamon French Toast served with Milk

Cranberry Vanilla Muffins with Milk

Deviled Eggs and Toast with Butter & Jelly

Come in from the cold: Custard is a great idea!!

Search the web for *Baked Custard* or dig out a cook book to find inspiring variations:

- *Spiced Pumpkin
- *Sweet Potato
- *Vanilla
- *Coconut
- *Pineapple

Easy baked custard with nutmeg:

Ingredients:

- 2 eggs
- 1/8 teaspoon salt
- 2 tablespoons sugar
- Nutmeg

Preparation:

Beat together milk, eggs, salt, and sugar. Pour into custard cups; place cups in a pan with hot water nearly to top of custard line. Sprinkle each with nutmeg and bake at 325° for about 40 to 55 minutes, until custard is set. This really depends on depth of the baking dish. A knife inserted in center should come out clean. Makes 4 to 6, depending on size.



Easy Baked Custard
D. Rattay
About.com



Apple Pear Custard

Ingredients:

- 2 cooking apples
- 1 pear
- 1 egg yolk
- 1/2 tsp brown sugar
- 1 tsp of water or apple juice
- Dash of cinnamon

Preparation:

- Peel, remove core, and dice apples and pear into small pieces
- Add the lemon juice and water. Simmer on low in a small saucepan until soft, about 20 min.
- Mash or puree the fruit
- Wisk in the egg yolk and sugar until smooth.
- Bake in oven at 350 degrees for 15 min or until set.
- Cool before serving



Food Prep Tip
1 pear = 1 1/8 cup
1 apple = 1 cup

Great for
infants and
children alike.

Modify the
recipe to meet
serving size
needs.

**Do you have a recipe your kid's love and want to share with others??
Send it to dmcnally@mt.gov or mail it (*Attention Deby McNally*) to have it
published in this section of the newsletter.**